

How to Do Kick Counts

- Monitoring your baby's movement is very important. Frequent movement is an excellent indicator of fetal wellbeing.
- You should begin monitoring your baby's movements beginning in the 28th week of pregnancy.
- Set aside time twice a day to count how many times your baby moves.
- Monitor for up to one hour each time. If you get four movements before the hour is up, you're done!
- Having a meal or snack, something cold to drink, or lying down on your left side can help increase the baby's movements.
- **If you have monitored movements for one hour, and have not had four movements, please contact the office at 605-343-7295 right away.**
- It is normal for your baby to have periods of increased activity, and short periods of decreased activity, especially during a sleep cycle.
- You know your baby best. If you feel like your baby is not moving as much as normal, please don't hesitate to contact our office for advice at any time.